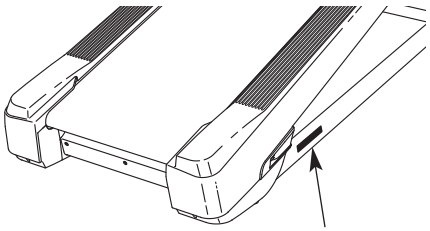
PRO-FORM® XT 90

www.proform.com

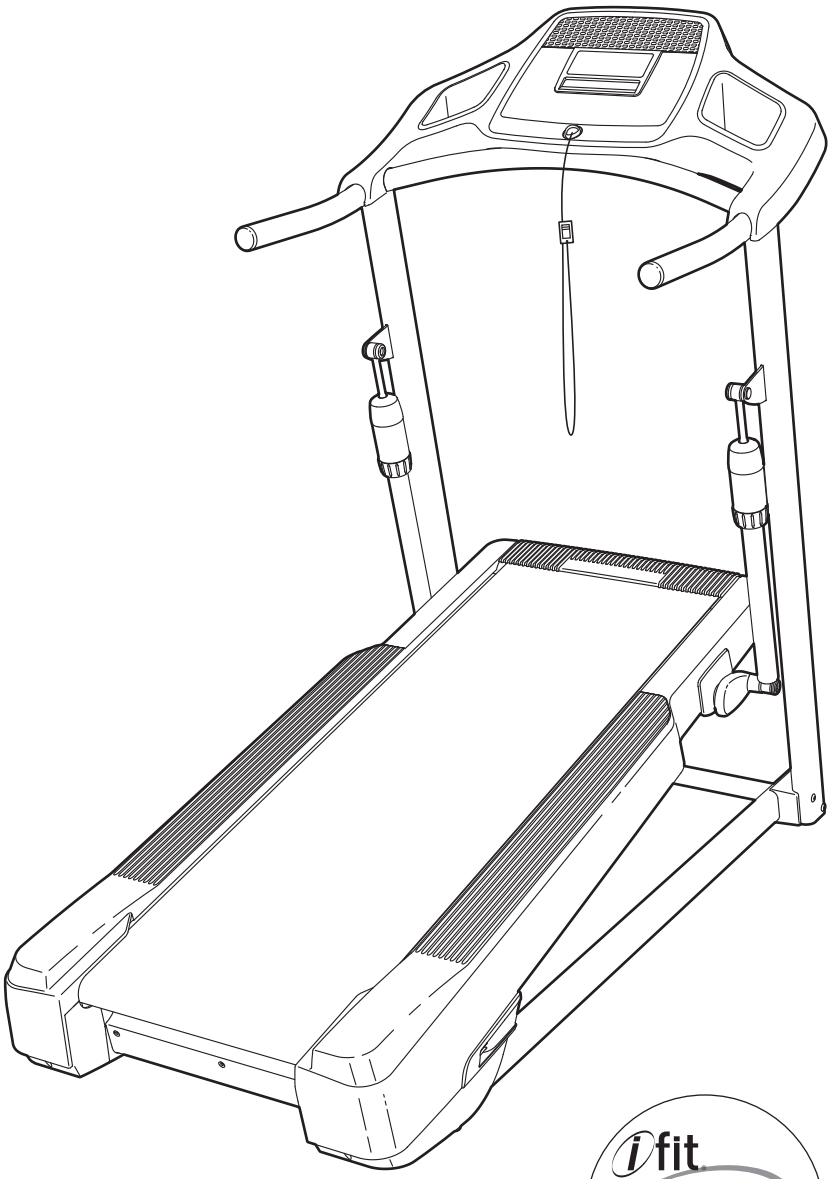
Model No. PFTL08099.0
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

USER'S MANUAL



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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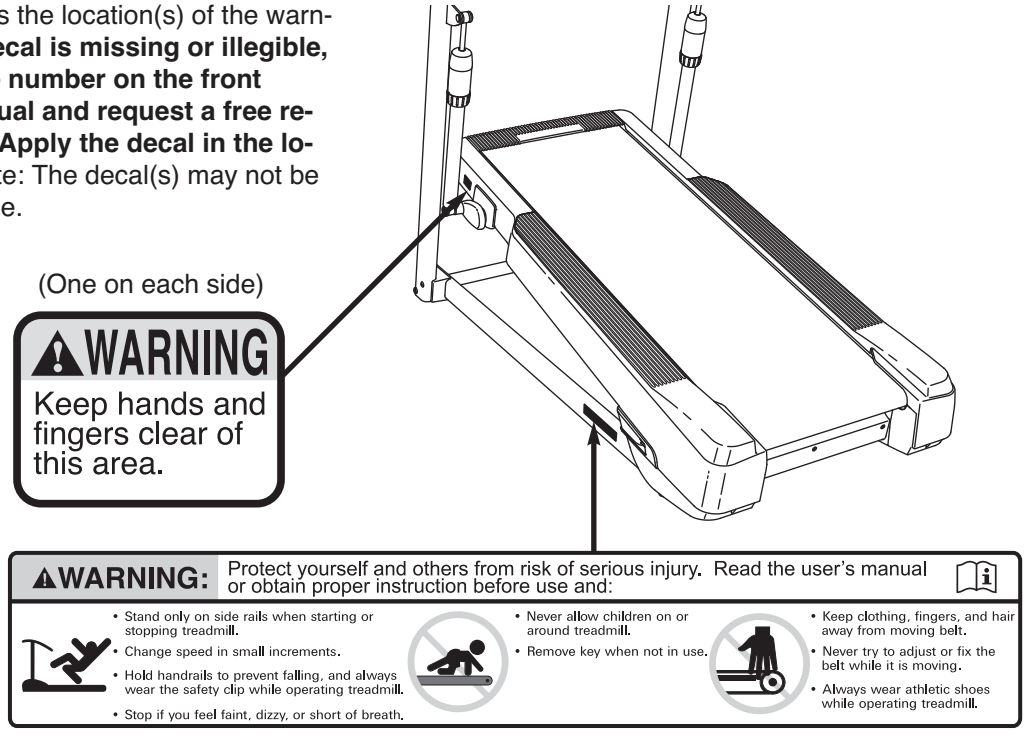
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


(One on each side)
WARNING
Keep hands and fingers clear of this area.
WARNING: Protect yourself and others from risk of serious injury. Read the user's manual or obtain proper instruction before use and:
• Stand only on side rails when starting or stopping treadmill.
• Change speed in small increments.
• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
• Stop if you feel faint, dizzy, or short of breath.
• Never allow children on or around treadmill.
• Remove key when not in use.
• Keep clothing, fingers, and hair away from moving belt.
• Never try to adjust or fix the belt while it is moving.
• Always wear athletic shoes while operating treadmill.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 325 lbs. (147 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 13), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

12. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

13. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

14. **Keep the power cord and the surge suppressor away from heated surfaces.**

15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 20 if the treadmill is not working properly.)**

16. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).**

17. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

18. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

19. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)**

20. **Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO MOVE THE TREADMILL on page 19.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.**

21. **Do not change the incline of the treadmill by placing objects under the treadmill.**

22. **Never insert any object into any opening on the treadmill.**

23. **Inspect and properly tighten all parts of the treadmill regularly.**

24. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

25. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

26. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

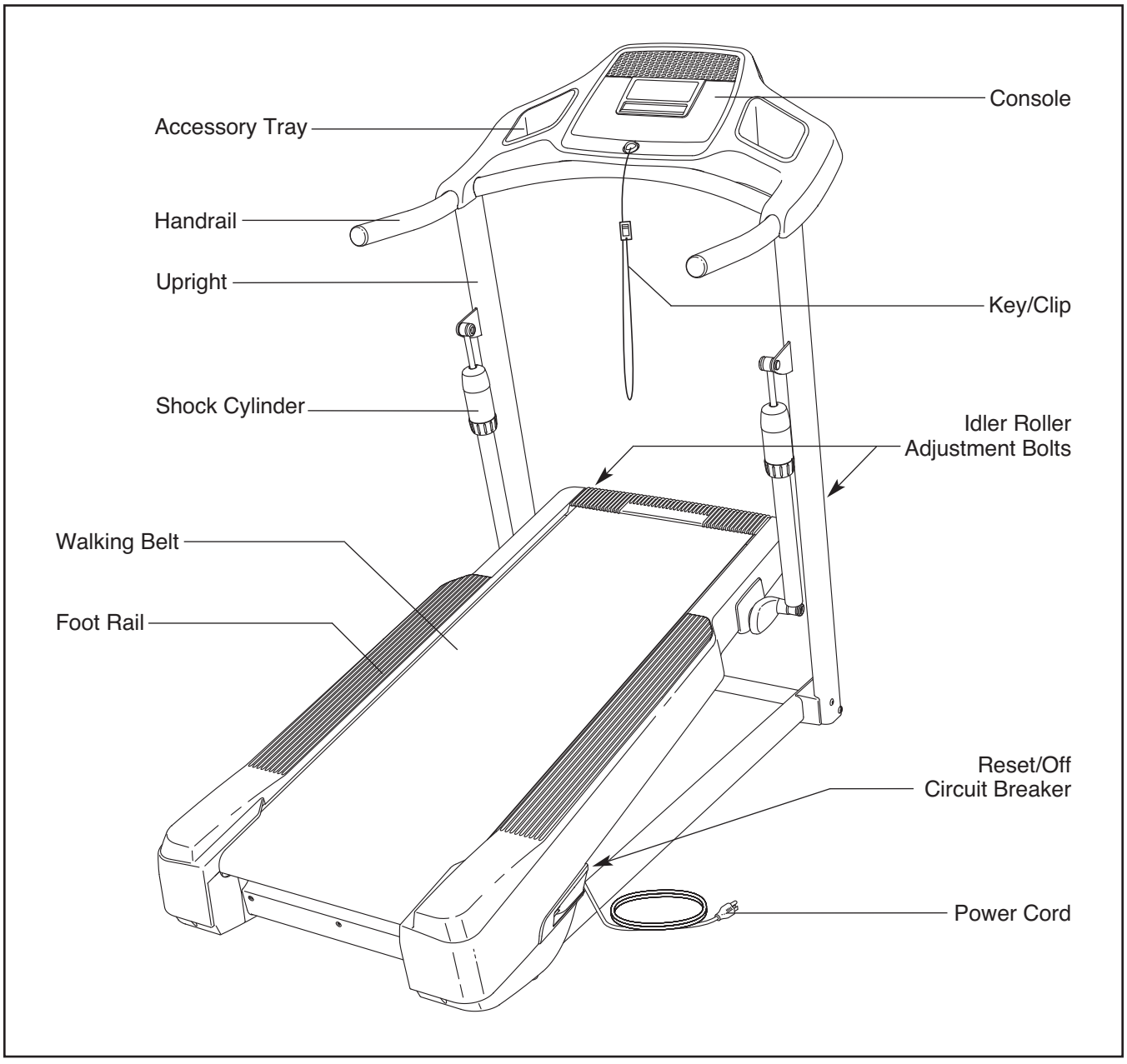
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® XT 90 treadmill. The XT 90 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



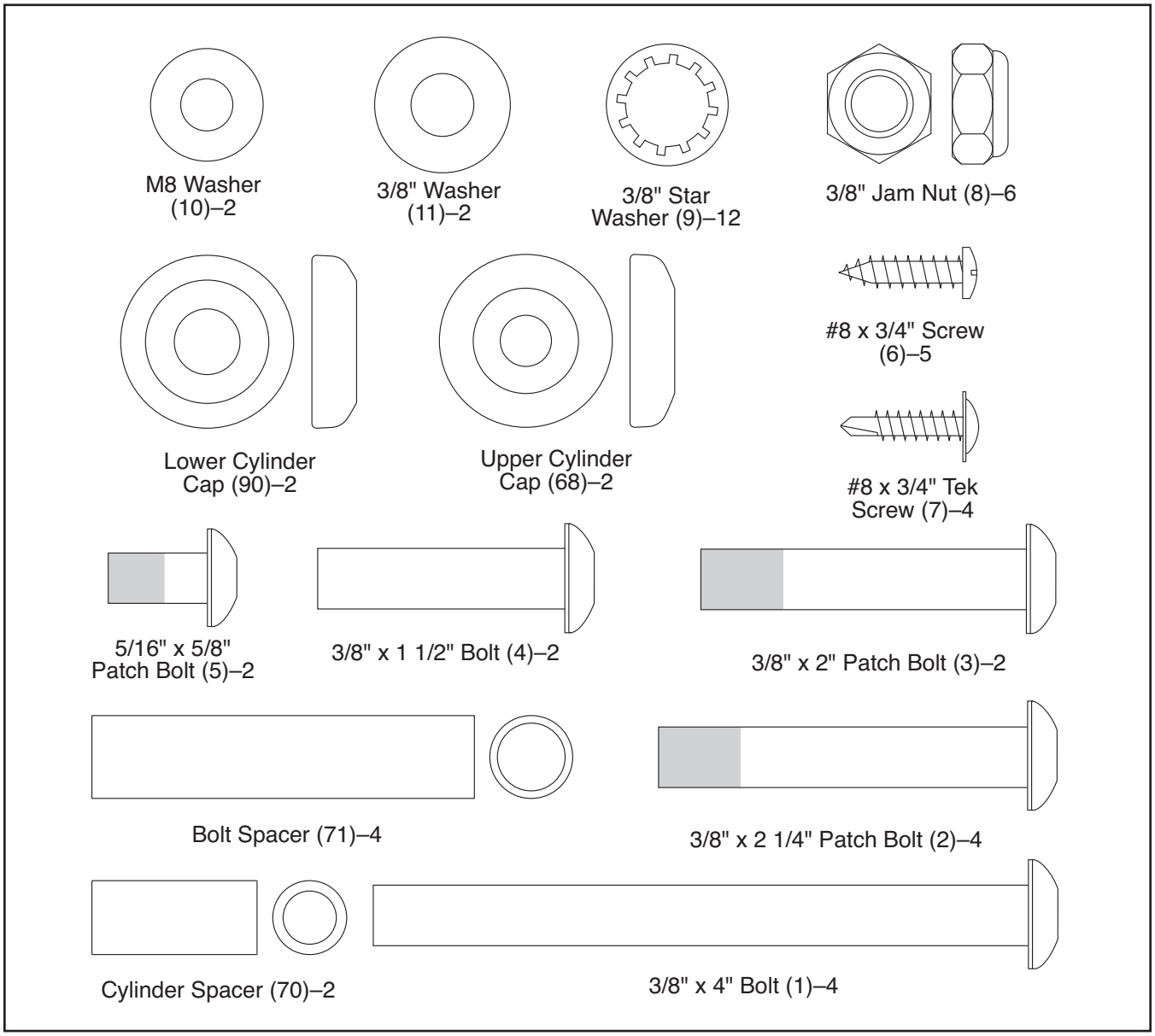
ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own Phillips screwdriver , adjustable wrench , needlenose pliers , and scissors .

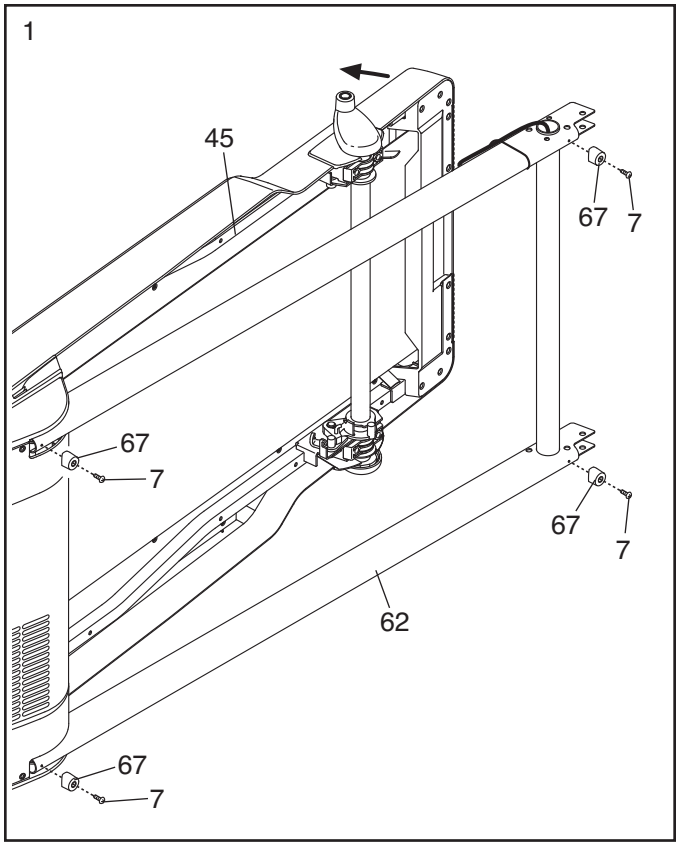
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**


M8 Washer (10)–2
3/8" Washer (11)–2
3/8" Star Washer (9)–12
3/8" Jam Nut (8)–6
#8 x 3/4" Screw (6)–5
Lower Cylinder Cap (90)–2
Upper Cylinder Cap (68)–2
#8 x 3/4" Tek Screw (7)–4
5/16" x 5/8" Patch Bolt (5)–2
3/8" x 1 1/2" Bolt (4)–2
3/8" x 2" Patch Bolt (3)–2
Bolt Spacer (71)–4
3/8" x 2 1/4" Patch Bolt (2)–4
Cylinder Spacer (70)–2
3/8" x 4" Bolt (1)–4

1. **Make sure that the power cord is unplugged.**

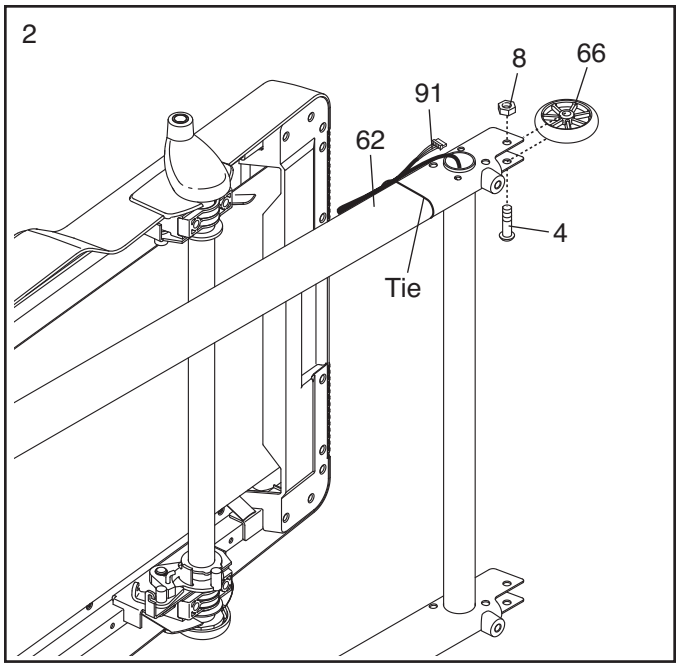
   With the help of a second person, carefully tip the treadmill onto its left side. **Have a second person hold the treadmill to prevent it from tipping. Do not pivot the Frame (45).**

   Attach four Base Feet (67) to the Base (62) in the locations shown with four #8 x 3/4" Tek Screws (7).



2. Attach a Wheel (66) to the Base (62) with a 3/8" x 1 1/2" Bolt (4) and a 3/8" Jam Nut (8) from the direction shown. **Do not overtighten the Jam Nut; the Wheel must turn freely.**

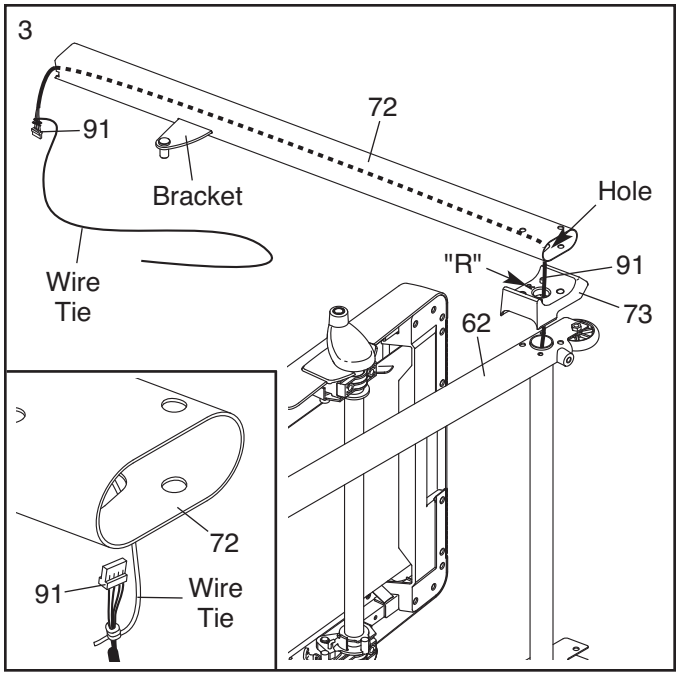
   Remove the tie holding the Upright Wire (91) to the Base (62).



3. Identify the Right Upright Spacer (73), which is marked with an "R." Orient the Right Upright Spacer with the "R" positioned as shown.

   Insert the Upright Wire (91) through the Right Upright Spacer (73). Set the Right Upright Spacer on the Base (62).

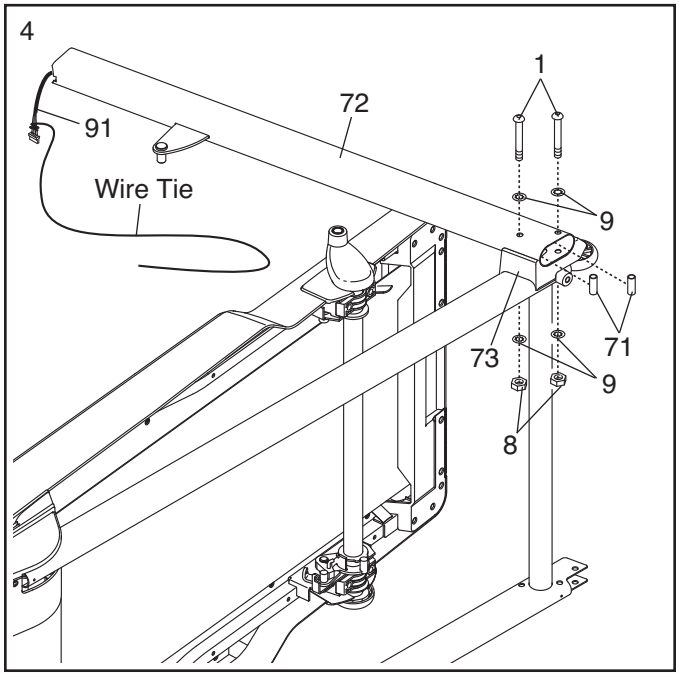
   Identify the Right Upright (72) which is marked with a “Right” sticker. Have a second person hold the Right Upright near the Base (62) with the bracket positioned as shown. **See the inset drawing.** Tie the wire tie in the Right Upright securely around the end of the Upright Wire (91). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.



4. Hold a Bolt Spacer (71) inside the lower end of the Right Upright (72). Insert a 3/8" x 4" Bolt (1) with a 3/8" Star Washer (9) into the Right Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (71), 3/8" x 4" Bolt (1), and 3/8" Star Washer (9).**

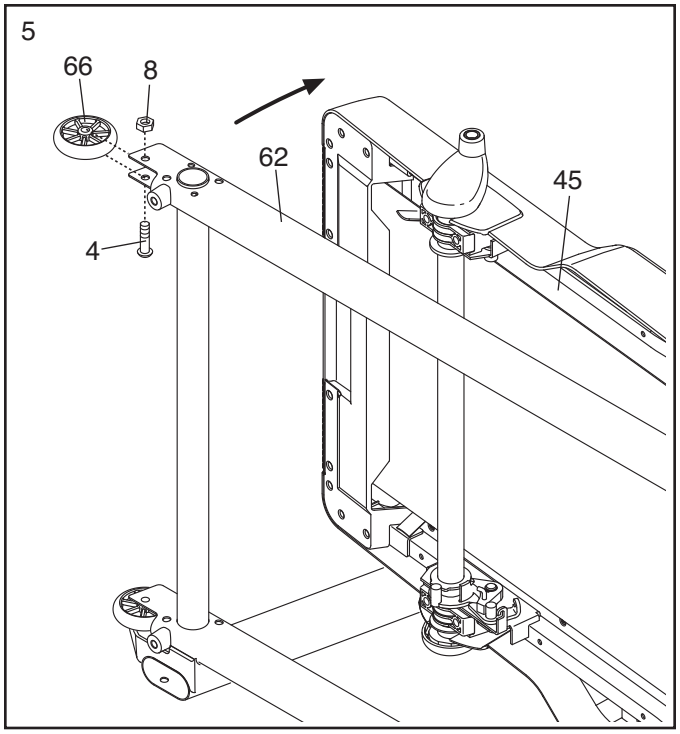
   Hold the Right Upright (72) against the Right Upright Spacer (73). **Be careful not to pinch the Upright Wire (91).** Partially tighten a 3/8" Jam Nut (8) with a 3/8" Star Washer (9) onto each 3/8" x 4" Bolt (1); **do not fully tighten the Jam Nuts yet.**

   Remove the wire tie from the Upright Wire (91).



5. With the help of a second person, carefully tip the treadmill onto its right side. **Have a second person hold the treadmill to prevent it from tipping. Do not pivot the Frame (45).**

   Attach a Wheel (66) to the Base (62) with a 3/8" x 1 1/2" Bolt (4) and a 3/8" Jam Nut (8) from the direction shown. **Do not overtighten the Jam Nut; the Wheel must turn freely.**

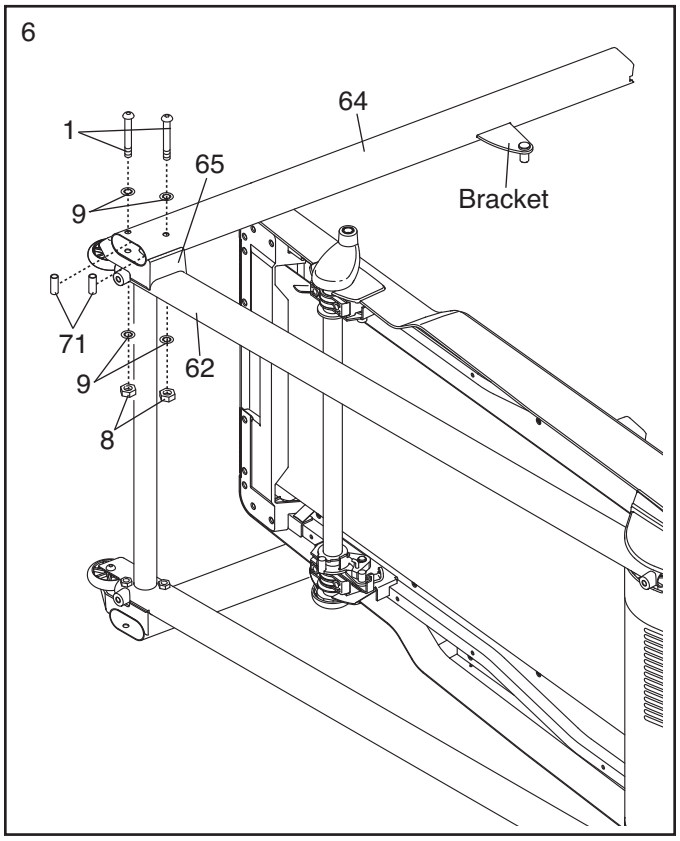


6. Set the Left Upright Spacer (65) on the Base (62). Orient the Left Upright (64) with the bracket positioned as shown.

   Hold a Bolt Spacer (71) inside the lower end of the Left Upright (64). Insert a 3/8" x 4" Bolt (1) with a 3/8" Star Washer (9) into the Left Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (71), 3/8" x 4" Bolt (1), and 3/8" Star Washer (9).**

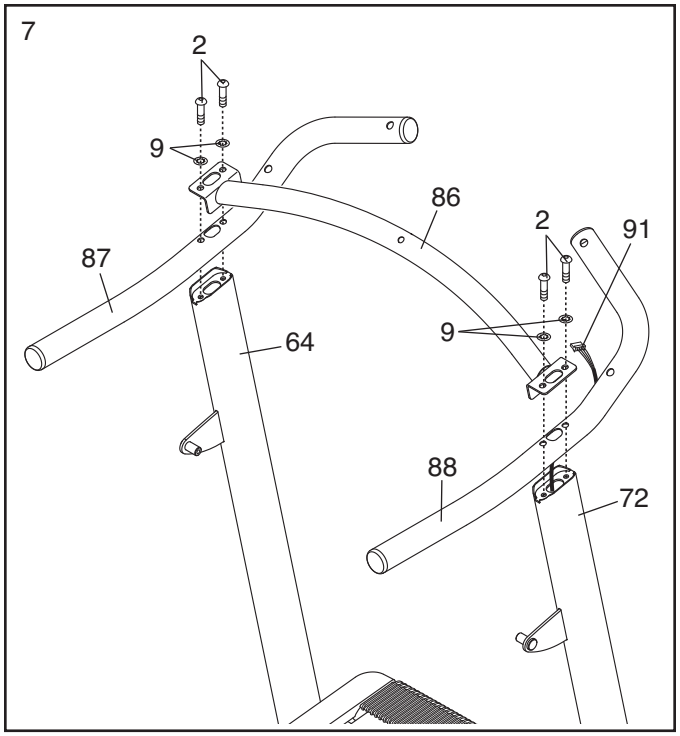
   Hold the Left Upright (64) against the Left Upright Spacer (65). Partially tighten a 3/8" Jam Nut (8) with a 3/8" Star Washer (9) onto each 3/8" x 4" Bolt (1); **do not fully tighten the Jam Nuts yet.**

   With the help of a second person, tip the treadmill so that the Base (62) is flat on the floor.



7. Hold the Right Handrail (88) near the Right Upright (72). Insert the Upright Wire (91) through the large hole on the bottom of the Right Handrail. Pull the Upright Wire out of the hole in the side of the Right Handrail.

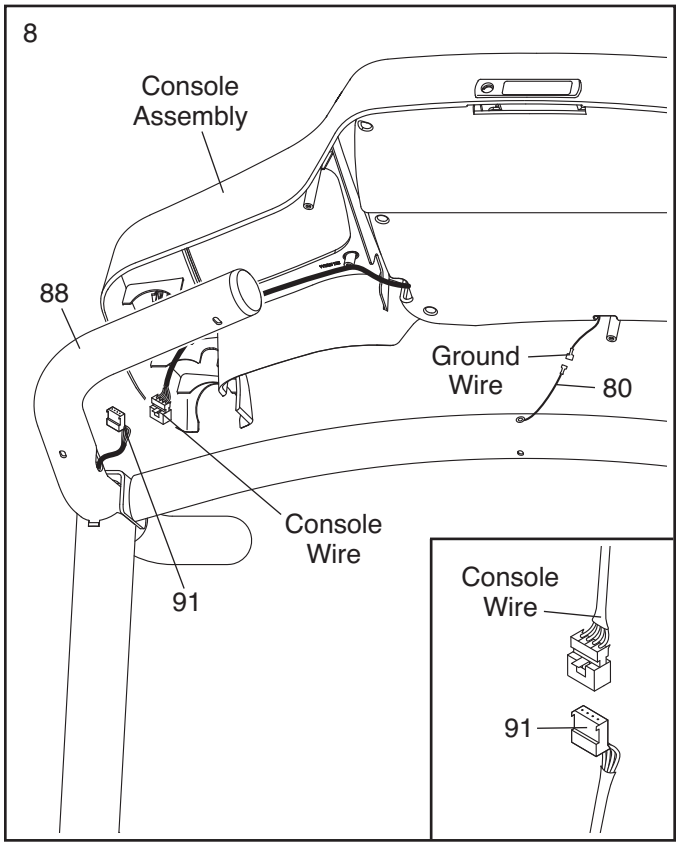
   Set the Right Handrail (88) and the Left Handrail (87) on the Right and Left Uprights (72, 64). Attach the Crossbar (86) to the Handrails and the Uprights with four 3/8" x 2 1/4" Patch Bolts (2) and four 3/8" Star Washers (9). **Start all four Patch Bolts before tightening any of them. Be careful not to pinch the Upright Wire (91).**



8. With the help of a second person, hold the console assembly near the Right Handrail (88) and the Left Handrail (not shown).

   Connect the Upright Wire (91) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN YOU TURN ON THE POWER.**

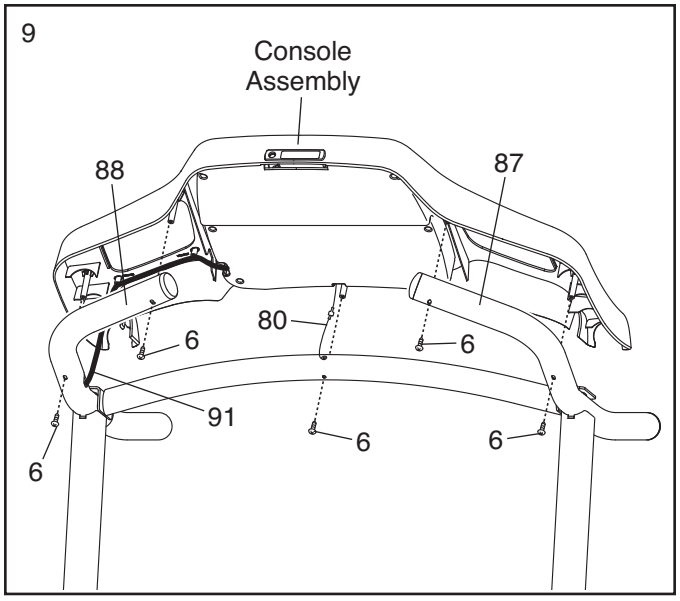
   Connect the Console Ground Wire (80) to the ground wire from the console assembly.



9. Set the console assembly on the Left and Right Handrails (87, 88). **Be careful not to pinch any wires.** Insert the excess Upright Wire (91) into the Right Handrail and insert the Console Ground Wire (80) into the console assembly.

   Attach the console assembly to the Handrails (87, 88) with five #8 x 3/4" Screws (6). **Start all five Screws before tightening any of them.**

   See steps 4 and 6. Tighten the 3/8" Jam Nuts (8).



10. Apply a generous amount of the included grease to the axles and Cylinder Spacers (70).

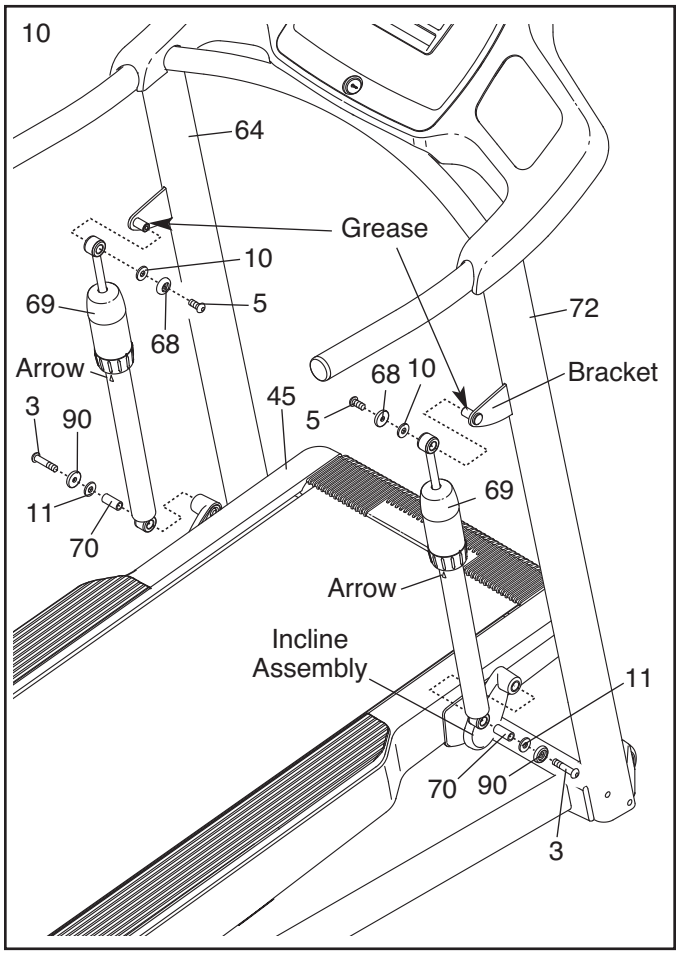
    Identify an Upper Cylinder Cap (68), which has a small hole in the center.

    Hold a Shock Cylinder (69) near the bracket on the Right Upright (72). **Make sure that the Shock Cylinder is positioned as shown with the arrow facing the rear of the treadmill.** Attach the Shock Cylinder with a 5/16" x 5/8" Patch Bolt (5), an Upper Cylinder Cap (68), and an M8 Washer (10) as shown. **Do not over-tighten the Patch Bolt.**

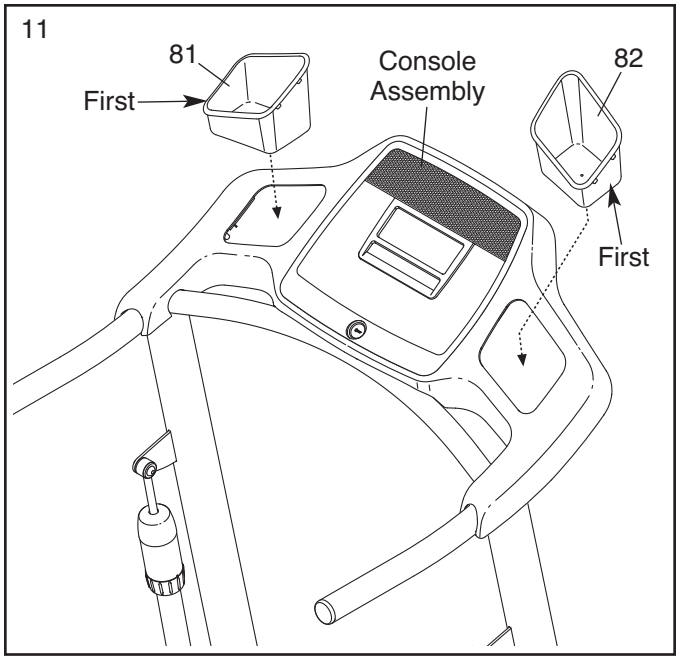
    Attach the upper end of the other Shock Cylinder (69) in the same way.

    With the help of a second person, raise the Frame (45) until the incline assembly is aligned with the lower ends of the Shock Cylinders (69). Attach the lower end of each Shock Cylinder with a 3/8" x 2" Patch Bolt (3), a Lower Cylinder Cap (90), a 3/8" Washer (11), and a Cylinder Spacer (70) as shown. **Do not overtighten the Patch Bolts.**

    Make sure both shock cylinders (69) are set to the same firmness level (see page 18).



11. If necessary, press the Left Accessory Tray (81) and the Right Accessory Tray (82) into the console assembly. **Press the indicated sides of the Accessory Trays into the console assembly first.**



12. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 21 and 22).

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

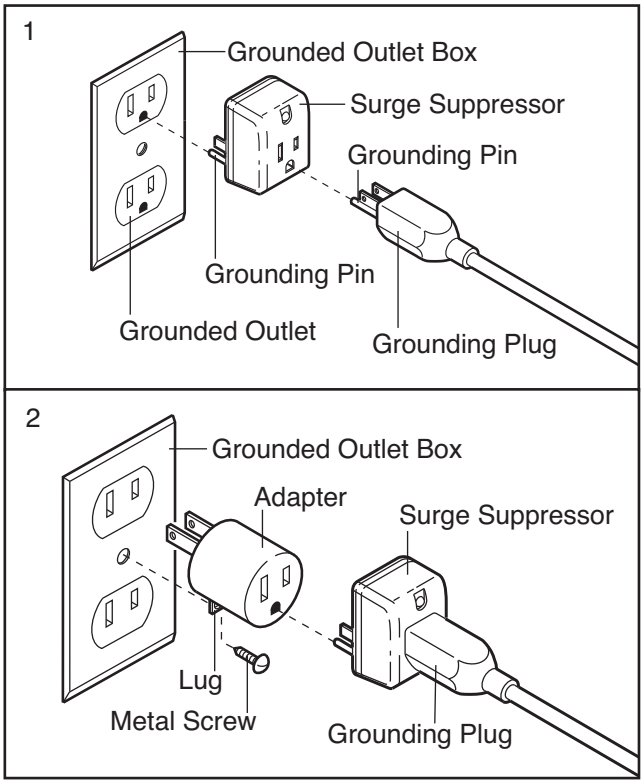
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

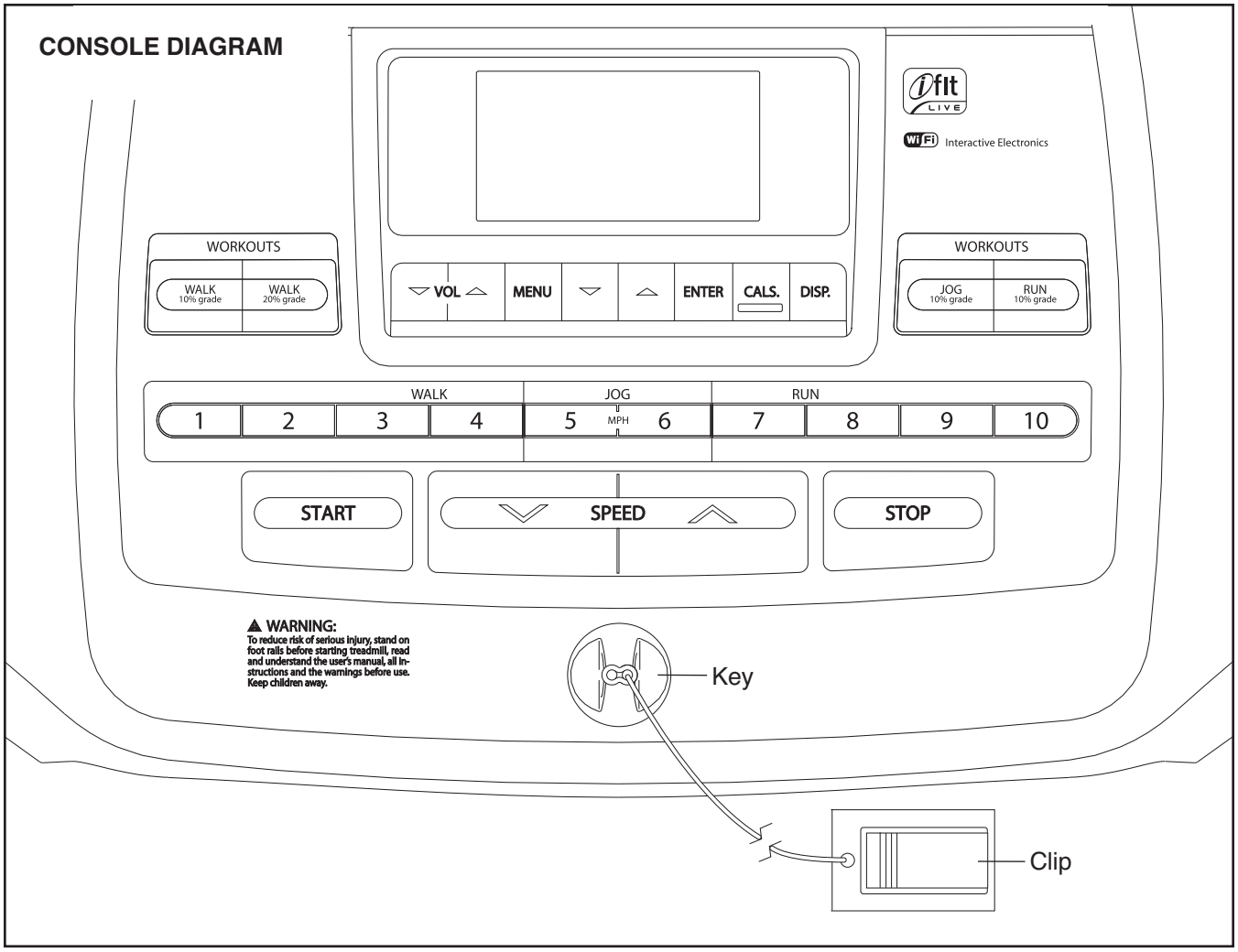
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the speed of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback.

In addition, the console features twenty preset workouts—seven walk workouts, seven jog workouts, and six run workouts. Each preset workout automatically controls the speed of the treadmill as it guides you through an effective exercise session.

The console also features an iFit training mode that allows your treadmill to communicate with your wireless network through an iFit Live module. The iFit Live module allows you to download personalized workouts and to track and analyze your workout results on the iFit Live website.

You can even listen to your favorite workout music or audio books with the console's stereo sound system.

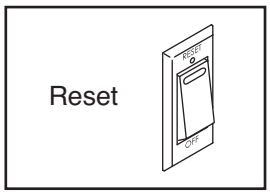
To turn on the power, see page 15. **To use the manual mode,** see page 15. **To use a preset workout,** see page 16. **To use the iFit training mode,** see page 17. **To use the stereo sound system,** see page 17. **To use the information mode,** see page 18.

IMPORTANT: If there is a sheet of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 22).

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the reset position.



Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 14), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

   Each time the key is inserted, the main menu will appear. To select the manual mode, use the increase and decrease buttons next to the Enter button and highlight MANUAL. Press the Enter button. If you have selected a workout or the iFit training mode, press the Menu button to return to the main menu.

3. **Adjust the incline level.**

   To adjust the incline to the desired level, see page 18. Press the increase and decrease buttons next to the Enter button until the incline level on the screen matches the incline level of the treadmill. Press the Enter button.

4. **Adjust the shock cylinder firmness.**

   To adjust the shock cylinders to the desired firmness, see page 18. Press the increase and decrease buttons next to the Enter button until the shock cylinder firmness on the screen matches the shock cylinder firmness of the treadmill. Press the Enter button.

5. **Enter your weight.**

   To enter your weight, press the increase and decrease buttons next to the Enter button.

6. **Start the walking belt and adjust the speed.**

   To start the walking belt, press the Start button or the Enter button. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph.

   If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button.

   To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

7. **Select a display mode and monitor your progress with the display.**

   The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, press the Disp. button repeatedly.

   As you walk or run on the treadmill, the display can show the following workout information:

   - The elapsed time
   - The distance that you have walked or run
   - The number of vertical feet you have climbed
   - The speed of the walking belt
   - Your pace in minutes per mile
   - The approximate number of calories burned per hour
   - The approximate number of calories you have burned

   Regardless of which display mode you select, the speed setting will appear in the display for a few seconds each time you change the setting.

   Press the Cals. button at any time to view the approximate number of calories burned per hour and the approximate number of calories you have burned.

   To adjust the volume level, press the Vol increase and decrease buttons.

8. **When you are finished exercising, remove the key from the console.**

   Step onto the foot rails, press the Stop button, remove the key from the console, and put it in a secure place.

   When you are finished using the treadmill, switch the reset/off circuit breaker to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a preset workout.**

   If you have selected the manual mode, a workout, or the iFit training mode, press the Menu button to return to the main menu.

   To select a preset workout, use the increase and decrease buttons next to the Enter button and highlight WORKOUTS. Press the Enter button. Then, press the increase and decrease buttons to highlight the desired workout category and press the Enter button. You can also press one of the Walk buttons, the Jog button, or the Run button on the console.

   Use the increase and decrease buttons to select the desired workout. When you select a workout, the display will show the name, the duration, the maximum speed setting, the suggested incline level, and a profile of the speed settings of the workout. Press the Enter button. Note: When a distance workout is selected, the duration of the workout will not appear in the display.

3. **Adjust the incline level and shock cylinder firmness.**

   Each workout is designed to operate at a specific incline level and shock cylinder firmness. To adjust the incline to the desired level, see page 18. To adjust the shock cylinders to the desired firmness, see page 18.

4. **Enter your weight.**

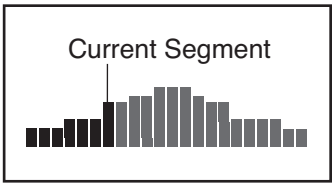
   See step 5 on page 15.

5. **Start the workout.**

   Press the Start button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed setting of the workout. Hold the handrails and begin walking.

   Each preset workout is divided into segments. One speed setting is programmed for each segment. Note: The same speed setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment.



At the end of each segment, a series of tones will sound. If a new speed setting is programmed for the next segment, the speed will appear in the display and the treadmill will automatically adjust to the new speed setting.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If you are using a distance program, the treadmill will enter a cool down period once you have met your distance goal. The treadmill will gradually slow to a stop.

If the speed setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed setting for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed settings for the next segment.

6. **Select a display mode and monitor your progress with the display.**

See step 7 on page 16.

7. **When you are finished exercising, remove the key from the console.**

See step 8 on page 16.

HOW TO USE THE IFIT TRAINING MODE

The iFit Live module allows you to connect your treadmill to your wireless network and unlocks exciting new features. For example, you can download personalized workouts and track and analyze workout information on the iFit Live website. You must have an iFit Live module to use the iFit training mode.

If you have selected the manual mode, a workout, or the iFit training mode, press the Menu button to return to the main menu.

To select the iFit training mode, use the increase and decrease buttons next to the Enter button and highlight IFIT TRAINING. Press the Enter button.

For more information on the iFit training mode, go to www.iFit.com. Note: To use an iFit Live module, you must have access to a computer with an internet connection and a USB port. You must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console. Locate the audio wire and plug it into the audio jack on the top of the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume on your personal audio player or press the Vol increase and decrease buttons on the console.

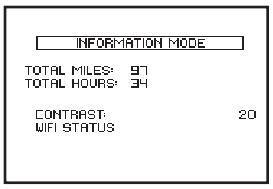
If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

THE INFORMATION MODE

The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. You can also adjust the contrast level of the display and view the status of the optional iFit Live module.

To select the information mode, hold down the Stop button for a few seconds, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The display will show the total number of miles that the walking belt has moved and the total number of hours the treadmill has been used.



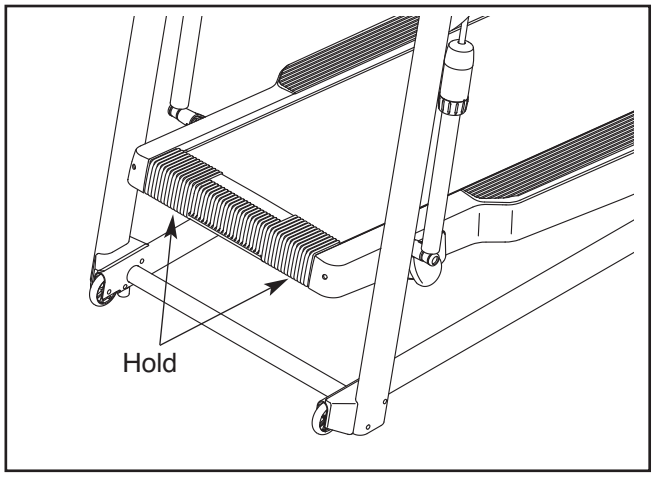
The display will also show the contrast level of the display. To adjust the contrast of the display, press the Enter button. Then, press the increase and decrease buttons next to the Enter button.

The display will show whether an accessory is plugged into the console. If the iFit Live module is plugged in, the display will show the words “WIFI STATUS.” If a USB device is plugged in, the display will show the words “USB STATUS.” If nothing is plugged in, the display will show the words “NO MODULE DETECTED.”

To exit the information mode, remove the key from the console.

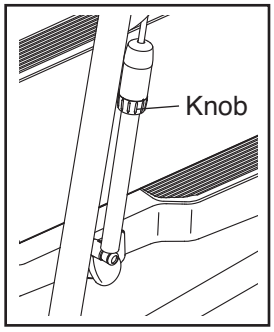
HOW TO ADJUST THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, you can adjust the incline of the treadmill. There are two incline levels. **Before adjusting the incline, remove the key and unplug the power cord.** Hold the front of treadmill in the location shown.



To increase the incline, raise the frame until you hear a click. To decrease the incline, raise the frame until you hear a click and then lower the frame. Make sure the frame is locked securely at one of the incline levels.

HOW TO ADJUST THE SHOCK CYLINDERS

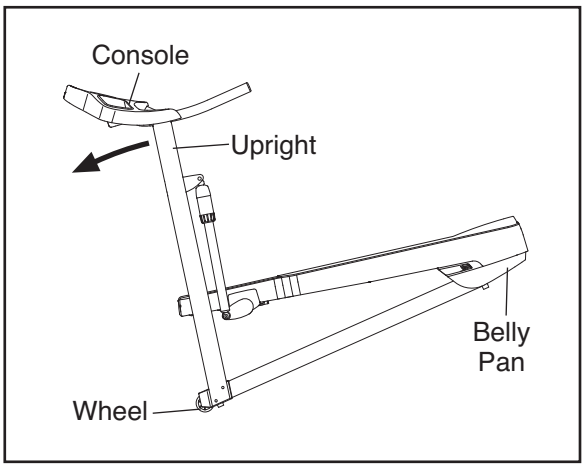


Rotate the knob on each shock cylinder to the desired firmness level. Align the arrow on the shock cylinder with the firmness level on the knob. Level one is the least firm and level twenty-four is the most firm. **Make sure both shock cylinders are set to the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the shock cylinders should be.** When running on the treadmill, set the firmness level to at least 16. If the shock cylinders make a knocking noise as you run on the treadmill, increase the firmness level.

HOW TO MOVE THE TREADMILL

Before moving the treadmill, remove the key and unplug the power cord.

Due to the size and weight of the treadmill, moving it requires two people. Hold the uprights firmly near the console. Tip the treadmill back until it rolls freely on the wheels. **CAUTION: To decrease the possibility of injury or of damage to the treadmill, do not lift the treadmill by the plastic belly pan. Do not pull on the console.** Carefully roll the treadmill on the wheels to the desired location and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**



TROUBLESHOOTING

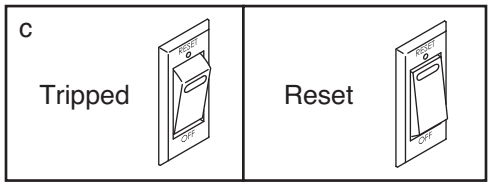
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 13). Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

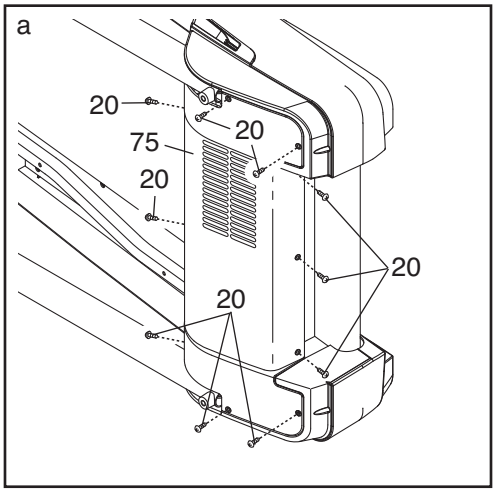
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

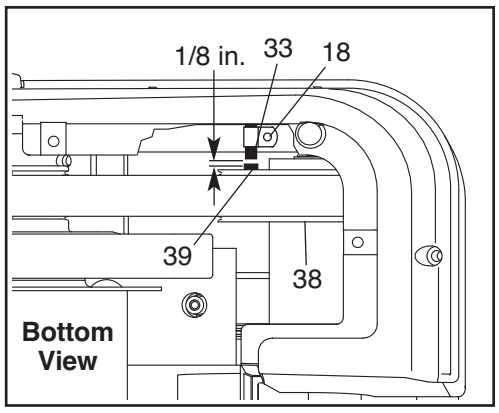
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, tip the treadmill onto its right side. Next, remove the ten #8 x 1/2" Screws (20) and the Belly Pan Insert (75).



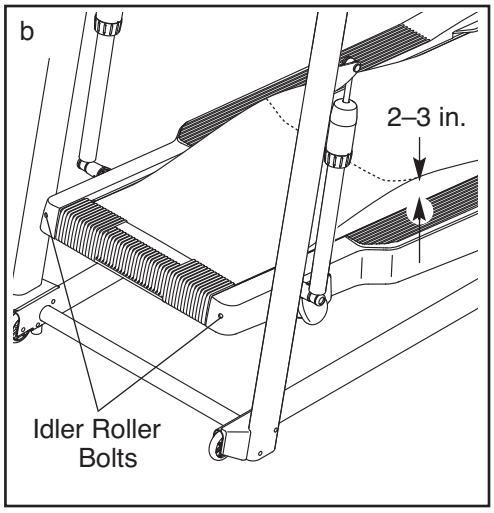
Locate the Reed Switch (33) and the Magnet (39) on the left side of the Pulley (38). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Machine Screw (18), move the Reed Switch slightly, and then retighten the Screw. Reattach the Belly Pan Insert (not shown) and tip the treadmill so that the Base (not shown) is flat on the floor. Run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13.

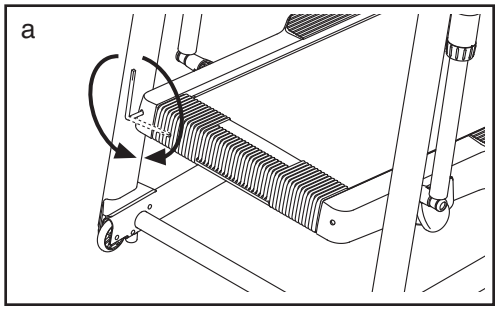
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



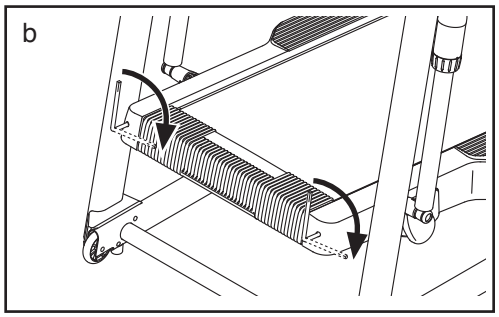
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The shock cylinders make a knocking noise

SOLUTION: a. If the shock cylinders make a knocking noise as you run on the treadmill, increase the firmness level (see HOW TO ADJUST THE SHOCK CYLINDERS on page 18).

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

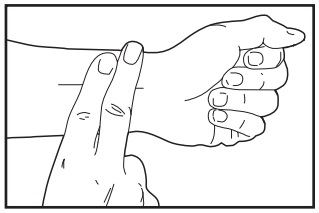
165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFTL08099.0

R0210A

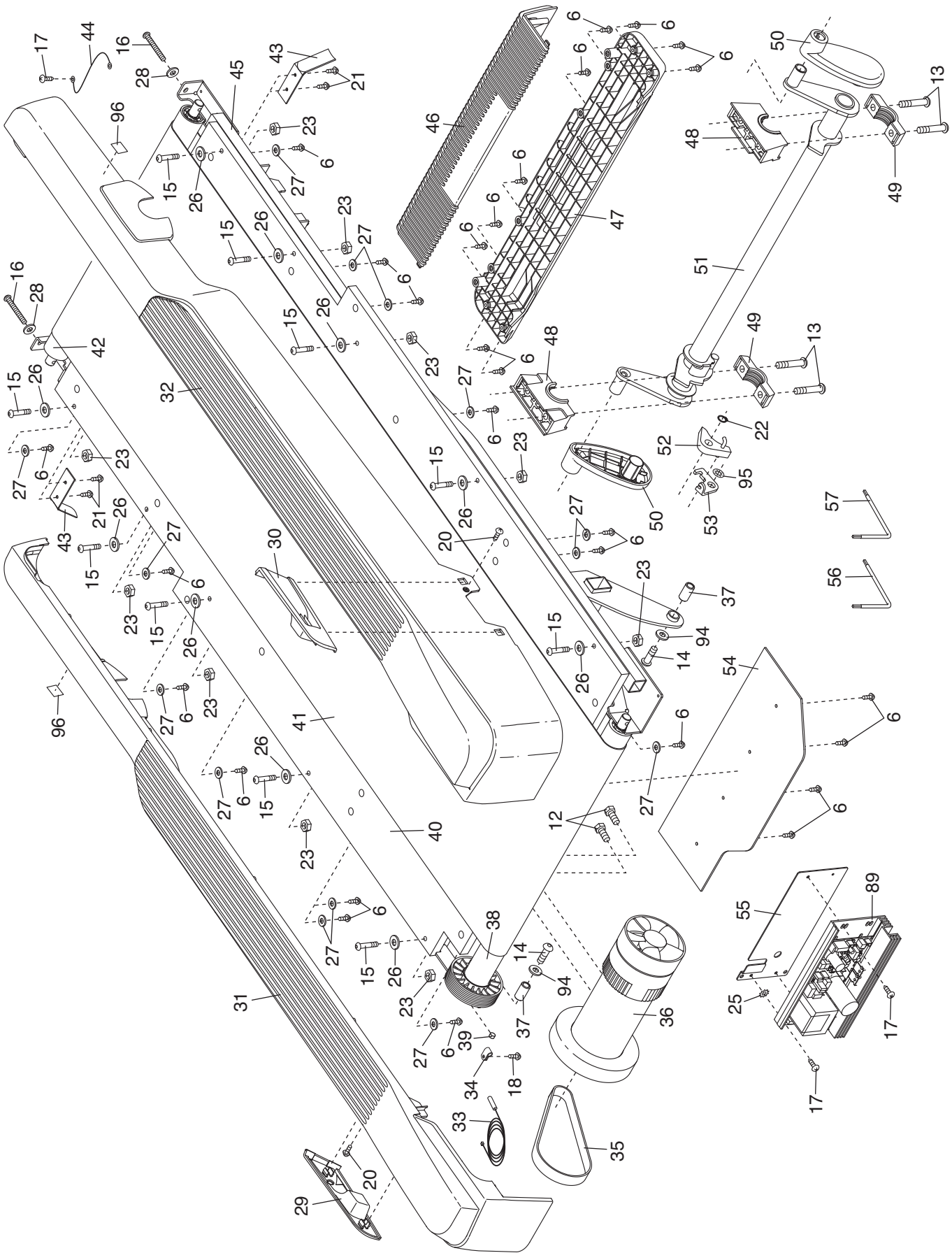
To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description
1	4	3/8" x 4" Bolt
2	4	3/8" x 2 1/4" Patch Bolt
3	2	3/8" x 2" Patch Bolt
4	2	3/8" x 1 1/2" Bolt
5	2	5/16" x 5/8" Patch Bolt
6	33	#8 x 3/4" Screw
7	4	#8 x 3/4" Tek Screw
8	6	3/8" Jam Nut
9	12	3/8" Star Washer
10	2	M8 Washer
11	2	3/8" Washer
12	2	1/4" Drive Motor Bolt
13	4	3/8" x 2 3/4" Patch Bolt
14	2	5/16" x 2 1/4" Bolt
15	10	1/4" x 2 1/4" Bolt
16	2	M6 x 70mm Bolt
17	7	#8 x 1/2" Machine Screw
18	1	#8 x 3/4" Machine Screw
19	4	#8 x 1" Screw
20	24	#8 x 1/2" Screw
21	4	M4.2 x 13mm Screw
22	1	Retainer Ring
23	10	1/4" Nut
24	12	#8 Clip
25	1	#8 Star Washer
26	10	1/4" Fender Washer
27	14	Foot Rail Washer
28	2	M6 Lock Washer
29	1	Left Foot Rail Accent
30	1	Right Foot Rail Accent
31	1	Left Foot Rail
32	1	Right Foot Rail
33	1	Reed Switch
34	1	Reed Switch Clamp
35	1	Motor Belt
36	1	Drive Motor
37	2	Frame Pivot Bushing
38	1	Drive Roller/Pulley
39	1	Magnet
40	1	Walking Platform
41	1	Walking Belt
42	1	Idler Roller
43	2	Belt Guide
44	1	Roller Ground Wire
45	1	Frame
46	1	Front Hood
47	1	Front Belly Pan
48	2	Top Incline Assembly Bracket
49	2	Bottom Incline Assembly Bracket
50	2	Incline Assembly Cover
51	1	Incline Assembly
52	1	Incline Latch
53	1	Incline Catch
54	1	Electronics Cover
55	1	Electronics Bracket
56	1	Hex Key
57	1	4mm Hex Key
58	1	Belly Pan
59	1	Power Cord
60	1	Power Cord Grommet
61	1	Warning Decal
62	1	Base
63	1	Reset/Off Circuit Breaker
64	1	Left Upright
65	1	Left Upright Spacer
66	2	Wheel
67	4	Base Foot
68	2	Upper Cylinder Cap
69	2	Shock Cylinder
70	2	Cylinder Spacer
71	4	Bolt Spacer
72	1	Right Upright
73	1	Right Upright Spacer
74	1	Base Ground Wire
75	1	Belly Pan Insert
76	1	Key/Clip
77	2	Wire Tie
78	1	Console
79	1	iFit Live Housing
80	1	Console Ground Wire
81	1	Left Accessory Tray
82	1	Right Accessory Tray
83	1	Audio Wire
84	1	Console Base
85	4	Handrail Cap
86	1	Crossbar
87	1	Left Handrail
88	1	Right Handrail
89	1	Controller
90	2	Lower Cylinder Cap
91	1	Upright Wire
92	1	iFit Live Module
93	2	#8 x 1 1/2" Screw
94	2	M16 Washer
95	1	Push Nut
96	2	Small Warning Decal
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

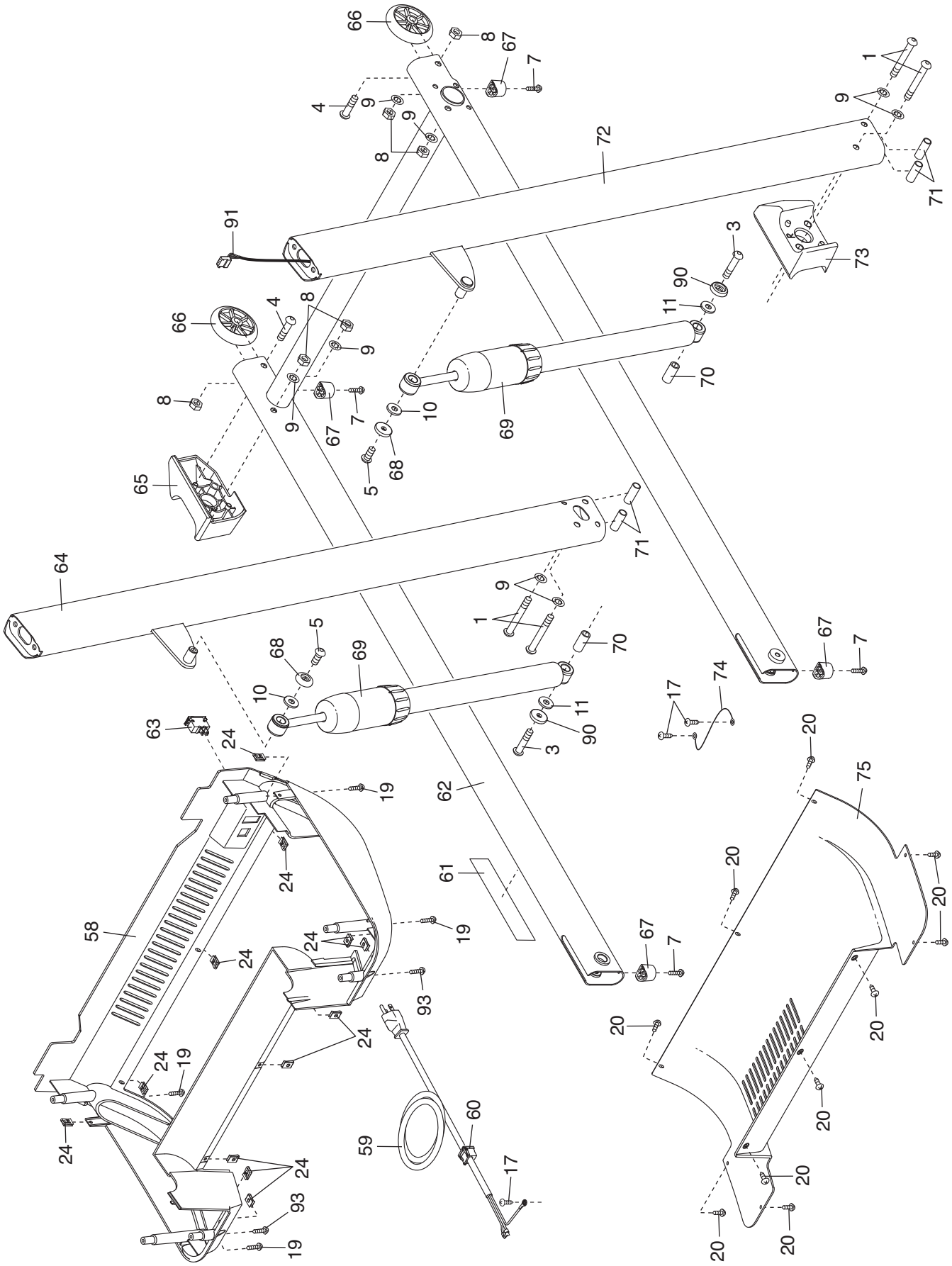
EXPLODED DRAWING A—Model No. PFTL08099.0

R0210A



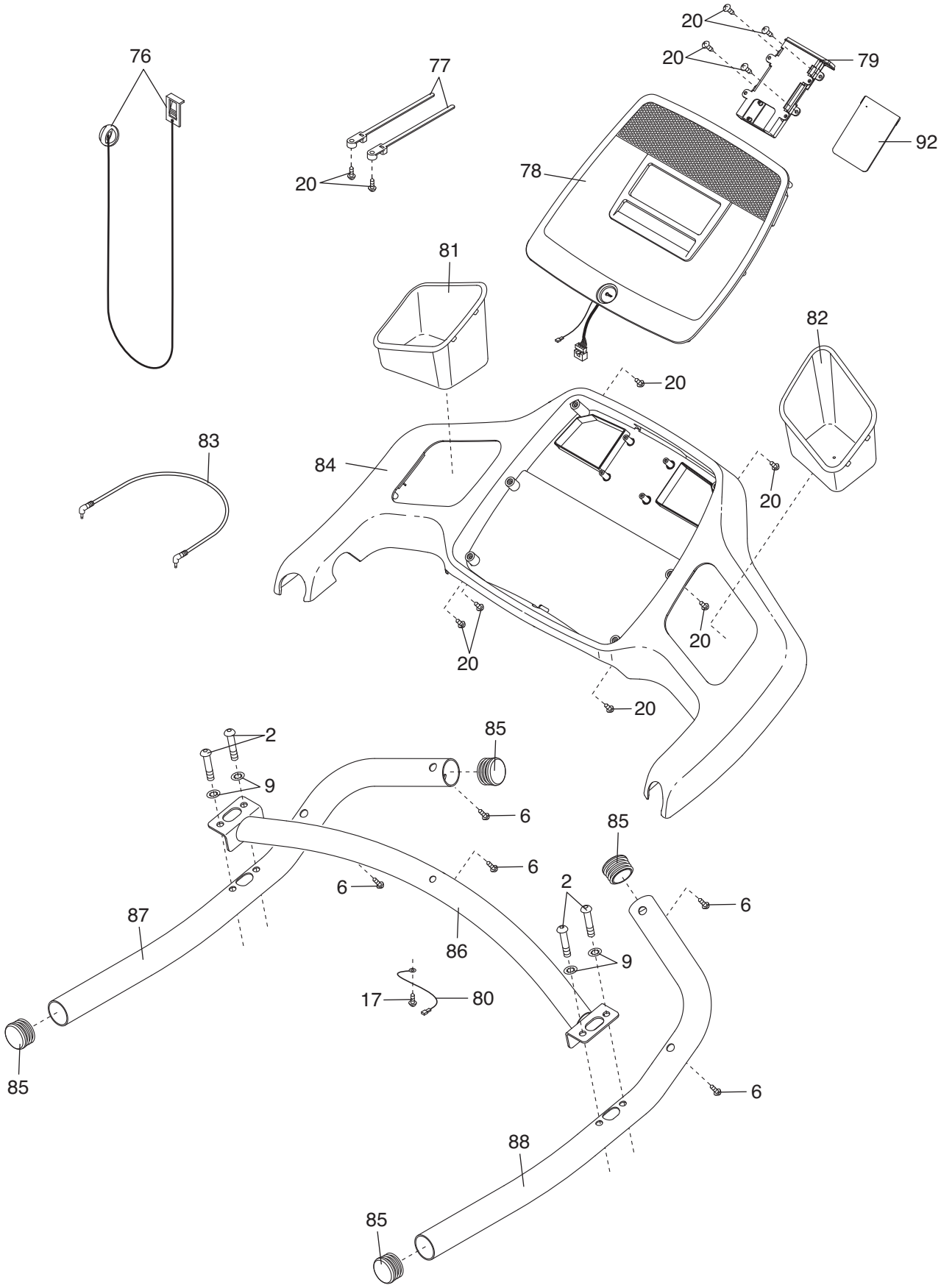
EXPLODED DRAWING B—Model No. PFTL08099.0

R0210A



EXPLODED DRAWING C—Model No. PFTL08099.0

R0210A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for a lifetime. Parts are warranted for two (2) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

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